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Diuretic-Induced Gout

WE ARE SEEING SOMETHING NEW IN GOUT that is very interesting—it is called diuretic-induced gout. We are finding this in a population over the age of 70, as opposed to the usual gout sufferer, who is usually about 40. We are seeing women more commonly than men, which is a total reverse.

These patients have acute attacks, frequently in the hands and knees. Basically, these are elderly women on diuretics with Heberden's or Bouchard's nodes, coming in with some tophaceous deposits in these little osteoarthritic changes in the hands, and this is so-called diuretic-induced gout. Many times these patients have mild renal insufficiency, and it is something you want to think about. They come in with this acute inflammatory process in their hands. If they have osteoarthritis, but it looks too inflammatory for mere osteoarthritis or even an erosive osteoarthritis, think about diuretic-induced gout.

—STEVEN R. WEINER, MD

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